

AUGUST 2021 | @HEARINGASSESSMENTCENTER

FOOTBALL & NIHL

Can being a FOOTBALL FAN cause HEARING LOSS?



In 2013, Seattle Seahawks fans broke the Guinness world record for the loudest crowd roar at a sports stadium. Their cheers and roars reached 137.6 dB. Which is dangerously loud, so much so that the ground below the stadium actually moved; similar to a mini earthquake. For reference, this is the same loudness level as a military jet's take-off.



The National Institute of Occupational and Safety and Health (NIOSH) states that if an individual is exposed to 80 dB or more for more than 8 hours without hearing protection, the result will be hearing loss. Everytime the exposure to loudness increases by 3 dB, the exposure time decreases by half. Football games tend to reach over 100 dB and the average game lasts about 3 hours which means there will be damage to your hearing without protection.



It could only take one game to have a temporary hearing loss but for those that regularly attend games, including the players, coaches, fans and others, you are at a greater risk of developing a more permanent hearing loss. Noise exposure can also cause tinnitus, or ringing of the ears, and hyperacusis, or sensitivity to loud sounds.

What can you do to avoid hearing loss at football games?

Bring your hearing protection! Wearing a pair of earplugs or earmuffs can reduce the sound level by 20-30 dB but still allows you to hear. Hearing loss is irreversible so do what you can to take care of your hearing.



For more information on hearing protection and noise induced hearing loss, visit our website and Facebook, follow us on Instagram and check out our YouTube.

